

# SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>2</b> 11:00 Sit/Be Fit 12:30 Mah Jongg	<b>3</b> 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	<b>4</b>
<b>7</b>  <b>HOLIDAY CENTER CLOSED</b>	<b>8</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>9</b> 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg	<b>10</b> 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	<b>11</b> 10:00 Sight Loss Support  11:30 Lobster Roll Lunch RSVP ONLY- SOLD OUT!
<b>14</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>15</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>16</b> 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg	<b>17</b> 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	<b>18</b> 10:30 Smart Apple Device Training  12:30 Free Flick
<b>21</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>22</b> 8:00 Yoga 8:30 Market Van 10:00 Pedicare 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>23</b> 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Elder Law Attorney	<b>24</b> 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	<b>25</b> 11:00 How to Remember Not to Forget with Maureen Bradley  12:30 Free Flick
<b>28</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>29</b> 8:00 Yoga 8:30 Market Van 10:00 Emergency Tips/ <i>FREE LUNCH</i> 10:30 KDC 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>30</b> 11:00 Sit/Be Fit 12:30 Mah Jongg		

# OCTOBER 2015

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
			<b>1</b> 8:00 Yoga 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	<b>2</b> 10:30 Peter Donnelly: Songs of the 60's and 70's!
<b>5</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>6</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>7</b> 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>8</b> 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	<b>9</b> 10:00 Sight Loss Support  12:00 Dementia/ Alzheimer's Caregiver Home Safety Tips
<b>12</b>  <b>HOLIDAY</b>  <b>CENTER</b>  <b>CLOSED</b>	<b>13</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>14</b> 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>15</b> 8:00 Yoga 9:30 T'ai Chi 10:30 Alzheimer's Family Support 12:00 Senior Exercise 12:30 Open Bridge	<b>16</b> 10:30 Smart Android Device Training  12:30 Free Flick
<b>19</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>20</b> 8:00 Yoga 8:30 Market Van 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>21</b> 9:45 Family Support Community Chorus 11:00 Sit/Be Fit 12:30 Mah Jongg 1:15 Needlepoint	<b>22</b> 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	<b>23</b> 10:00 AARP Safe Driving Course-RSVP
<b>26</b> 9:00 Rug Hooking 9:00 Chair Yoga 11:00 Sit/Be Fit 12:30 Mah Jongg 2:00 Yarn Club	<b>27</b> 8:00 Yoga 8:30 Market Van 10:00 Pedicare 10:30 KDC 12:00 Senior Exercise 1:00 Computer Class 1:15 Humanities	<b>28</b> 11:00 Sit/Be Fit 12:30 Mah Jongg 12:30 Elder Law Attorney 1:15 Needlepoint	<b>29</b> 8:00 Yoga 9:30 T'ai Chi 12:00 Senior Exercise 12:30 Open Bridge	<b>30</b> 10:30 Smart E-reader (Nooks/Kindles) Training  12:30 Free Flick